

Men's Fitness

WEEKNIGHT WORKOUTS

**BURN FAT & BUILD
MUSCLE AT HOME**

**37 SIMPLE
MOVES
15 NEW
WORKOUTS**

✓ **GET LEAN
IN 20 MINS
A DAY**

✓ **EASY-
TO-FOLLOW
MOVES**

✓ **BUILD A
HOME GYM
FOR £42!**



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NO TIME? NO PROBLEM

If you're struggling to fit all your training in, don't fret. We've assembled 15 workouts that will get you results - and still give you the chance to Netflix and chill

P4

EARN MUSCLE IN MINUTES

You don't need two hours in the gym. Use dumbbells, kettlebells and your own bodyweight to gain without (too much) pain.

P14

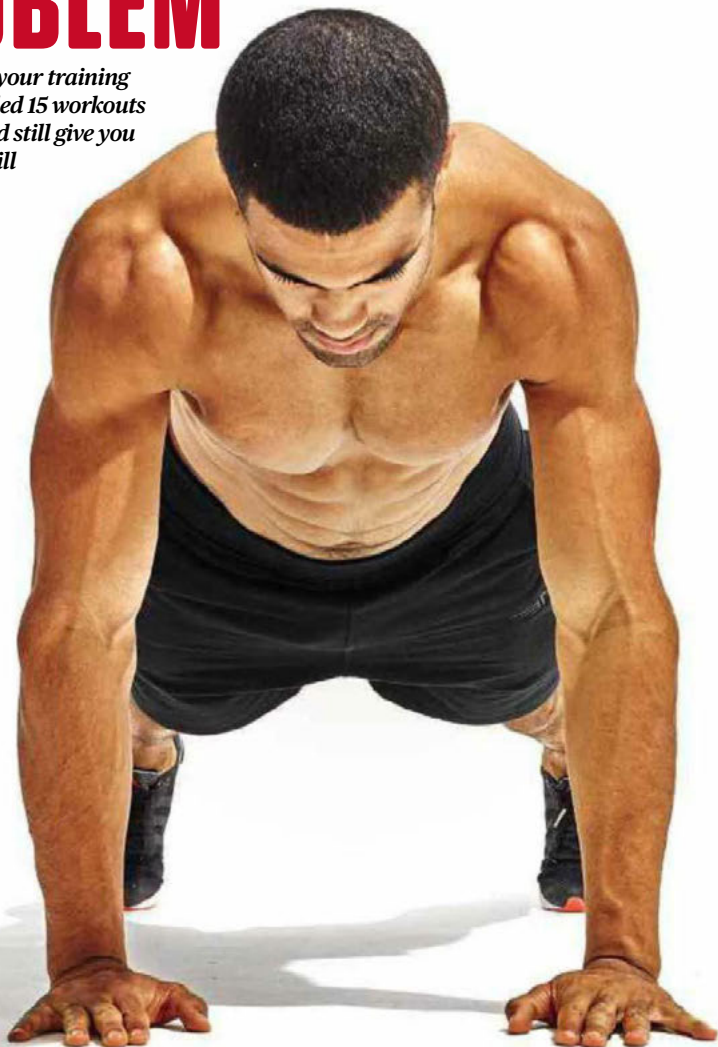
LEAN IN THE EVENING

Short on time? Hit it hard and fast and get your fat-loss done in less time than it takes to watch an episode of *The Simpsons* (22 minutes, then).

P22

PERFORMANCE BEGINS AT HOME

Training for a 10K, mud run or triathlon? Even if you can't make it to the road/park/track, you can improve your performance at home. Here's how.



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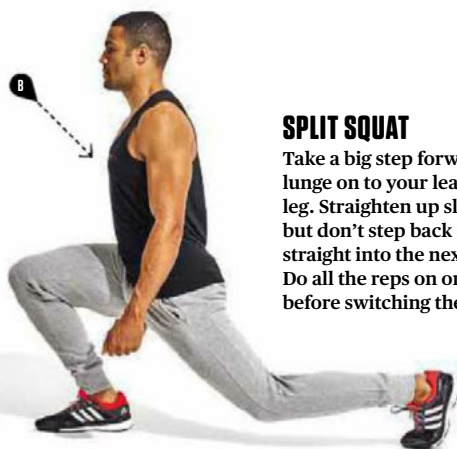
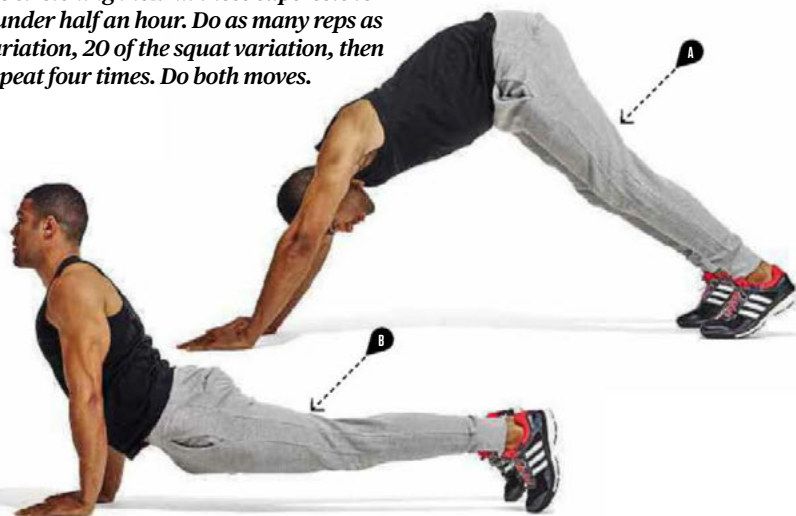
#1 YOUR NO-WEIGHT MUSCLE BUILDER

KIT	NONE
	25 MINUTES

Building muscle without weights takes creativity but it's far from impossible. Do some gentle stretching then hit these supersets to work your whole body in under half an hour. Do as many reps as possible of the press-up variation, 20 of the squat variation, then rest for 60 seconds and repeat four times. Do both moves.

DIVEBOMBER PRESS-UP

Get into a press-up position with your feet close to your hands. Divebomb along the floor, as if you're pushing a ball along with your nose, then bring your chest up at the end of the move. Reverse the whole thing to go into the next rep.



SPLIT SQUAT

Take a big step forwards and lunge on to your leading leg. Straighten up slightly, but don't step back - move straight into the next rep. Do all the reps on one side before switching the lead leg.



SPIDER-MAN PRESS-UP

Get into the top press-up position. As you lower your chest towards the floor, bring one knee out towards your elbow. Press back up and repeat on the other side.



SQUAT

Stand with your feet shoulder-width apart and sit back into the squat, as if you're sitting on a chair. Pause at the bottom, then drive up through your heels.

#2 BACK AND FRONT



DUMBBELLS



15 MINUTES

Bench presses are overrated - you can work your pulling and pushing muscles in minutes with this mini-circuit that will leave you perfectly balanced and pumped enough to fill a T-shirt. Do ten reps on each side of the rows, then move straight into the press for another ten. Rest for two minutes and repeat four times. It's simple but effective.



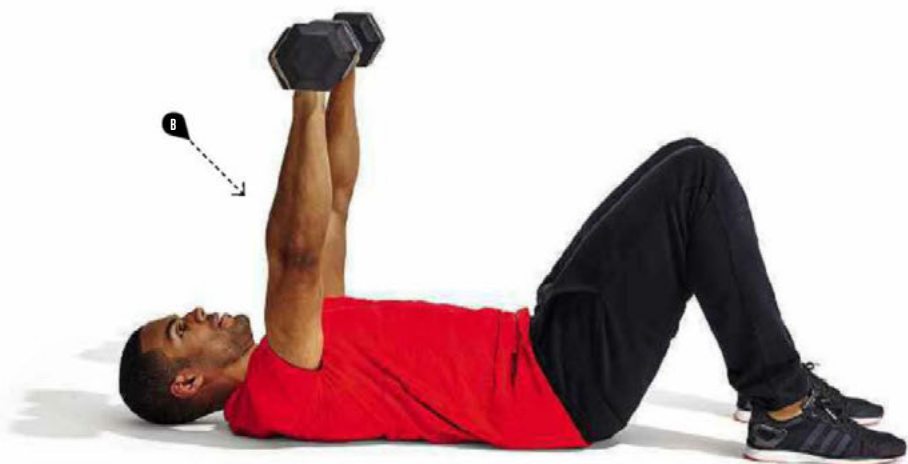
RENEGADE ROW

Get into the top press-up position with a dumbbell in each hand. Do a press-up, row one weight up to your armpit and return it to the floor, then do the same on the other side. That's one rep.



FLOOR PRESS

Lie on your back with a dumbbell in each hand. Push them overhead, moving inwards over your chest to activate your pecs better. Lower them under control.



#3 TAKE A SEAT

KIT

BENCH/CHAIR



10 MINUTES

You can do these moves with a bench at the gym or a chair at home - as long as you don't sit down, they'll help you add variety to your muscle-building routine. Do these moves in a superset, starting with ten reps of the pike and one each side of the pistol, then nine and two, eight and three and so on until you reach one pike and ten each side of the pistol.



PIKE PRESS-UP

Put your feet on the bench and your hands on the floor, so your body makes an inverted L. Lower your body until your head almost touches the floor, then press back up again.

**BENCH PISTOL SQUAT**

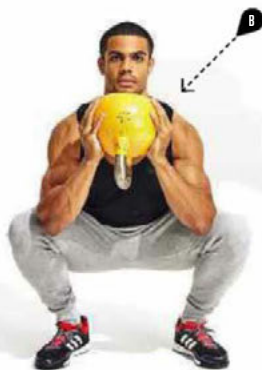
Stand on a bench or chair and raise one foot in front of you. Bend your supporting leg to lower yourself towards the floor - if lack of flexibility prevents you from keeping the other leg pointing forwards, the extra height will allow you to keep it pointing down. Drive through your heel to return to standing.



#4 HEAVY DUTY

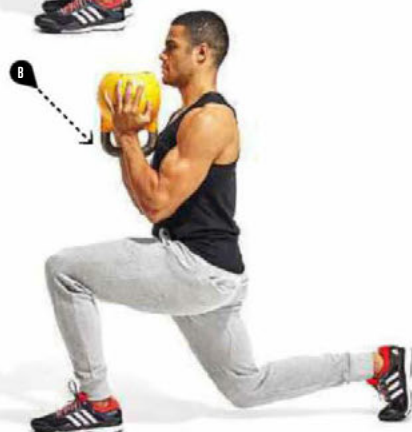
KIT KETTLEBELL
20 MINUTES

One kettlebell is all you need to add punch to your workouts. Depending on your existing strength levels, choose a 20kg or 24kg bell and do ten reps of the goblet squat, then ten on each side for the swing and lunge. Rest for 90 seconds and repeat five times.



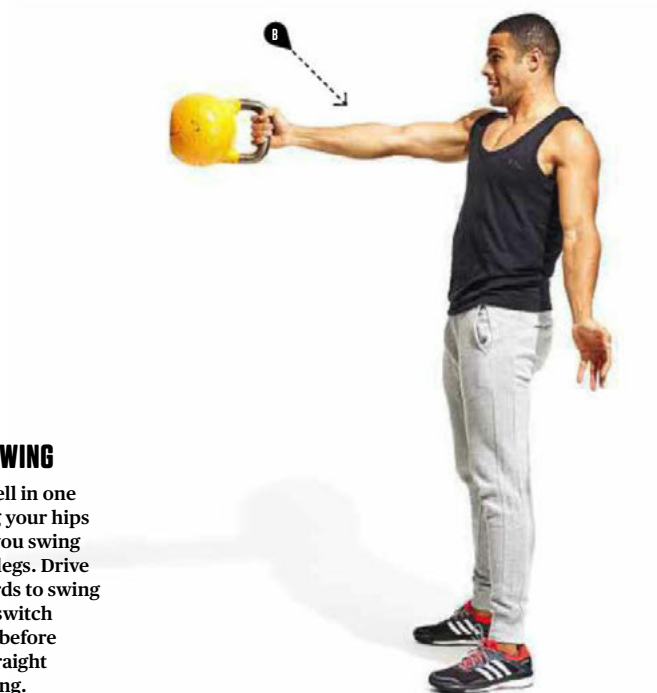
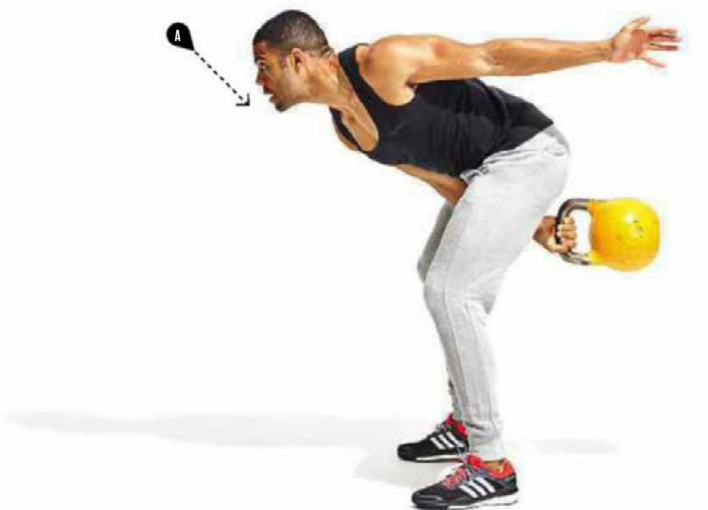
REVERSE LUNGE

Keeping the bell in the same position, step backwards into a lunge - it shifts the emphasis to your quads while sparing your knees. Bring your knee back to the front to stand, then repeat on the other side



GOBLET SQUAT

Grasp your kettlebell by the horns (or by the spherical bit, if it's more comfortable), then descend into a squat, aiming to touch the insides of your knees with your elbows at the bottom of the move. Drive through your heels to stand.



ONE-HANDED SWING

Hold the kettlebell in one hand, then bring your hips slightly back as you swing it between your legs. Drive your hips forwards to swing the bell up, and switch hands at the top before letting it drop straight into the next swing.

#5 PULL FOR GLORY



PULL-UP BAR



5 MINUTES

You need to do more pull-ups, but don't worry - almost every man does. Here's the simple way: set a clock for five minutes, do a set that stops well short of failure, rest for a few seconds and then do a few more reps. Start with wide-grip and switch to "easier" variations as you go, and record your score so you can aim to beat it next time.



WIDE-GRIP PULL-UP

Hold the bar with your hands more than shoulder-width apart, brace your abs and pull up until your whole head is above the bar. Lower under control until your arms are straight. Keep your shoulders engaged and don't sag at the bottom.



CLOSE-GRIP CHIN-UP

Grasp the bar with an underhand grip with your hands shoulder-width apart. Start from a dead hang with your arms fully extended. Pull up - when it gets really hard, some leg assistance is acceptable.

#6 BODYWEIGHT BURN



NONE



20 MINUTES

Technically speaking, Tabata intervals need a bike – but your fat stores won't know the difference if you're working hard enough. Do as many reps as possible of the first move in 20 seconds, rest for ten seconds, and repeat eight times. Rest for a minute, then go on to the next move.



PRESS-UP

Start with your hands shoulder-width apart, feet together and body in a straight line. Lower yourself until your chest touches the ground, then press back up.



MOUNTAIN CLIMBER

Start in the top press-up position, bring one knee up to your chest then swap it with the other, as fast as possible.



SQUAT

Stand with your feet shoulder-width apart and sit back into the squat, keeping your weight on your heels. Drive through your heels to stand.



V-SIT

Lie on the floor with your body in a straight line, and your arms and legs slightly off the floor. Bring your arms and legs up into a V, then lower under control.

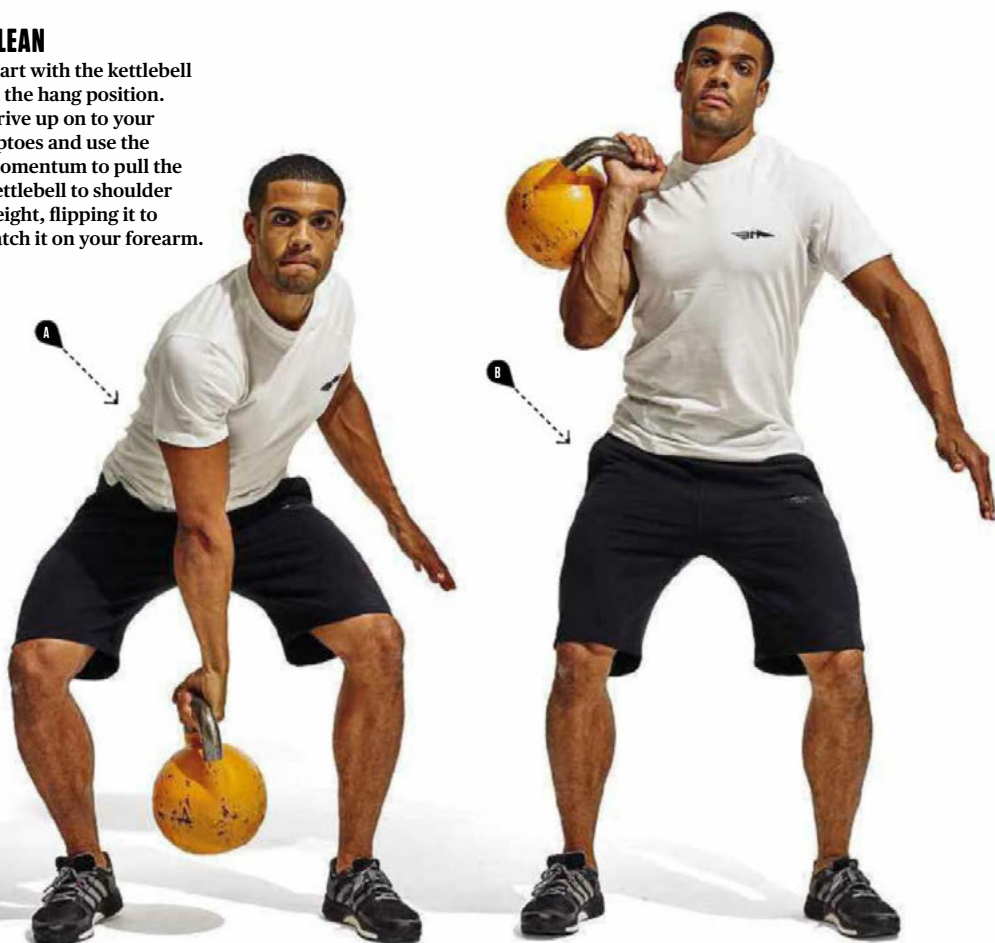
#7 HELL'S BELL

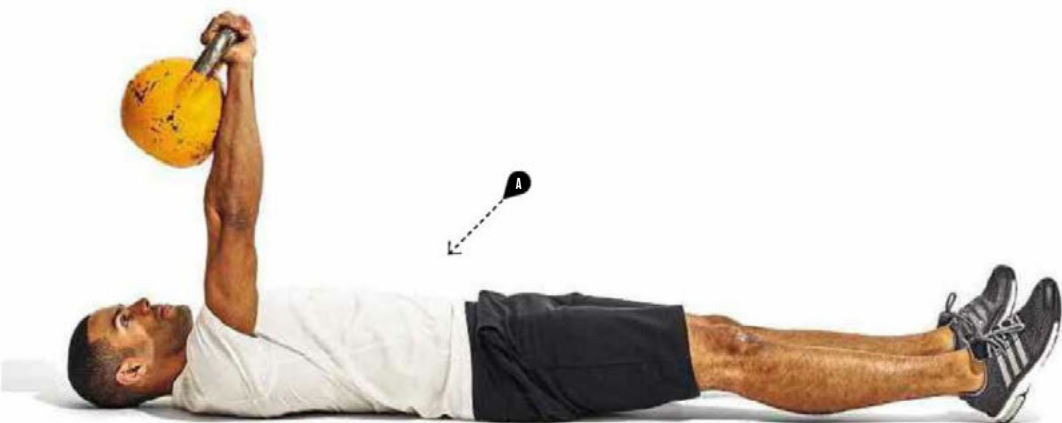


Strength coach Dan John has two secrets for fat loss: full-body compound moves and getting on the floor... then back up again. This workout combines both for a metabolic scorcher that will leave you burning fat for hours afterwards. Complete eight reps of each move on each side, rest for 30 seconds and repeat eight times.

CLEAN

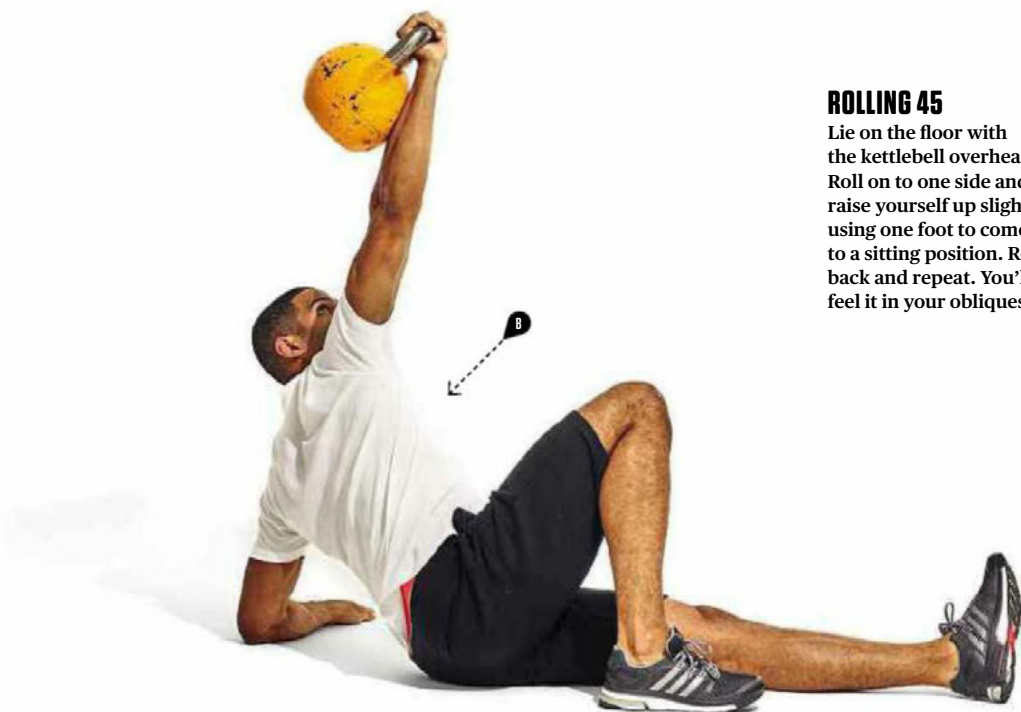
Start with the kettlebell in the hang position. Drive up on to your tiptoes and use the momentum to pull the kettlebell to shoulder height, flipping it to catch it on your forearm.





ROLLING 45

Lie on the floor with the kettlebell overhead. Roll on to one side and raise yourself up slightly, using one foot to come to a sitting position. Roll back and repeat. You'll feel it in your obliques.



#8 GET COMPLEX



DUMBBELLS



20 MINUTES

Complexes are a two-for-one deal - they hit a huge array of muscles in short order, prompting a burst of growth hormone while setting fat aflame. Do six sets of each move in a circuit without putting the dumbbells down, rest for 60 seconds and repeat four times.

CURL

Curl both dumbbells up to chest height, pause and lower. If you're really pushing for muscle failure, squeeze your biceps at the top of the move.



OVERHEAD PRESS

Start with the dumbbells at shoulder height and press them overhead, letting your elbows rotate naturally as you push. Pause at the top, then lower.



STANDING TRICEPS EXTENSION

From the top of your last press, bend your elbows to let the dumbbells go behind your head. Squeeze your triceps and extend your arms.

FRONT SQUAT

Hold the dumbbells at shoulder height, then squat until your hip crease is below parallel. Pause at the bottom, then stand up.



#9 FUNCTIONAL CORE FIX

For great abs, forget about sit-ups. This five-minute monster combines a fat-burning supermove with a punishing plank hold, so you'll expose your abs at the same time as building them. Do ten reps of the push press, hold the plank for 30 seconds and repeat five times.

DUMBBELL PUSH PRESS

Holding a set of dumbbells at your shoulders, do a quarter-squat then drive the weights overhead. Pause at the top before blasting straight into the next rep. Once you've completed all your reps, go straight into...

RKC PLANK

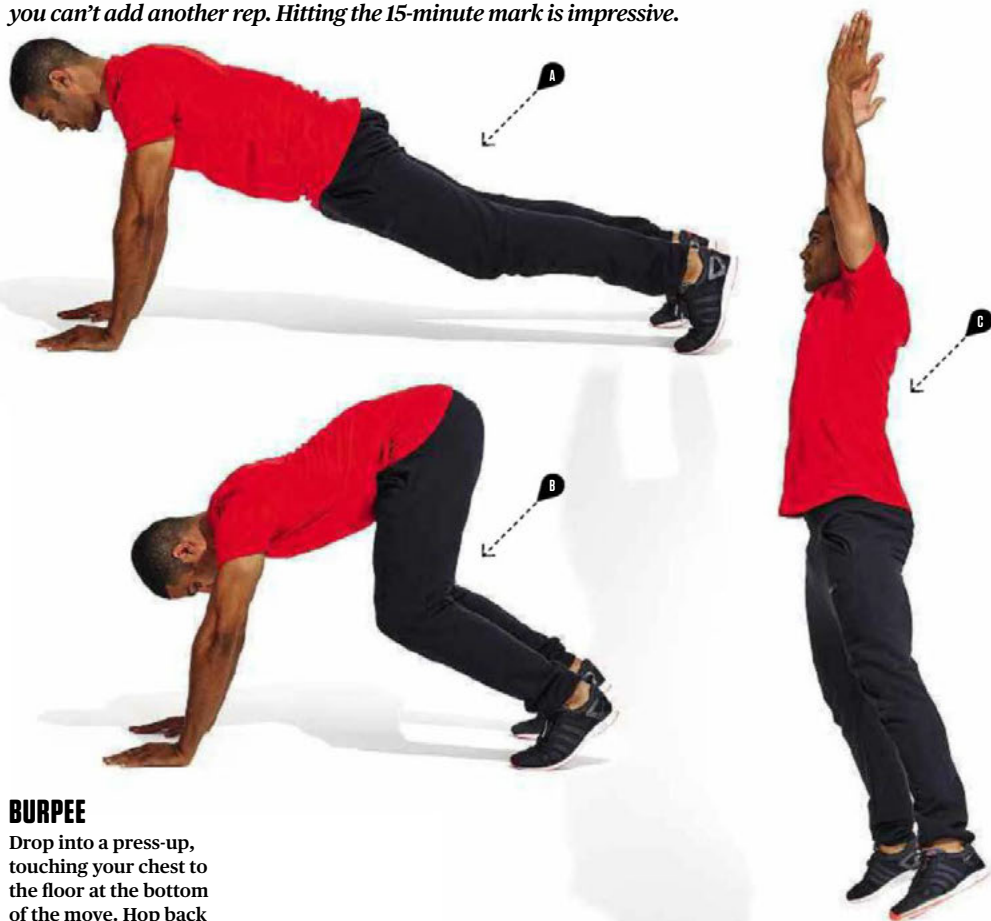
Lie on the floor with your forearms as close together as possible and your glutes, abs and hamstrings braced. Hold for 30 seconds - if you're not quaking by the end, you're doing it wrong.



#10 DEATH BY BURPEE

KIT	NONE
	15 MINUTES MAX

This one gets worse as it goes on. Set a clock running, do one burpee and rest for the remainder of that minute. On minute two do two burpees, on minute three do three and continue in this pattern until you can't add another rep. Hitting the 15-minute mark is impressive.



BURPEE

Drop into a press-up, touching your chest to the floor at the bottom of the move. Hop back to your feet, then jump in the air, clapping your hands overhead at the top of the move.

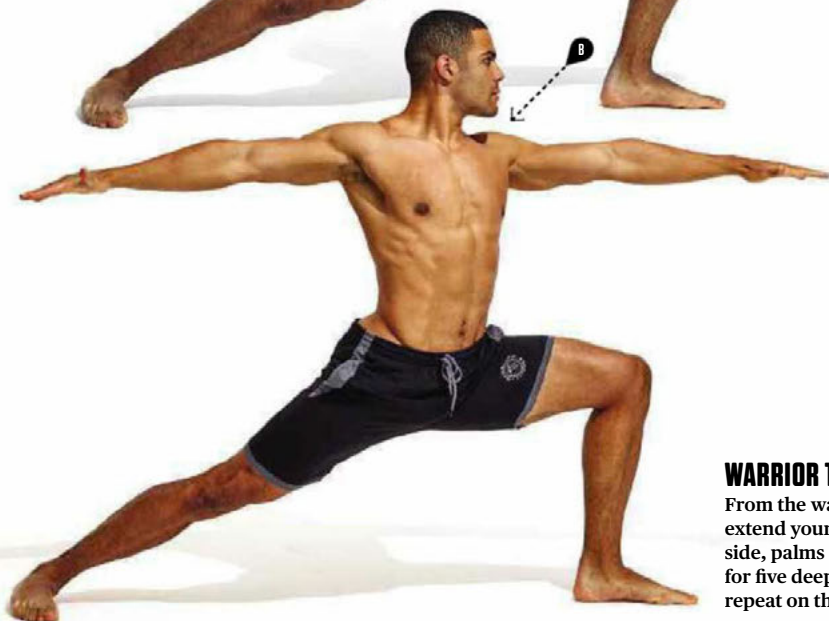
#11 STRETCH AND FLEX

This mini-circuit combines traditional yoga moves with core work to prehab your muscles as it works them. Leave the heating alone - this isn't Bikram.

KIT	NONE
	10 MINUTES

WARRIOR ONE

Lunge forwards on one leg, bringing your palms together above your head. Hold for five deep breaths, then repeat on the other side.



WARRIOR TWO

From the warrior one, extend your arms to either side, palms down. Hold for five deep breaths, then repeat on the other side.

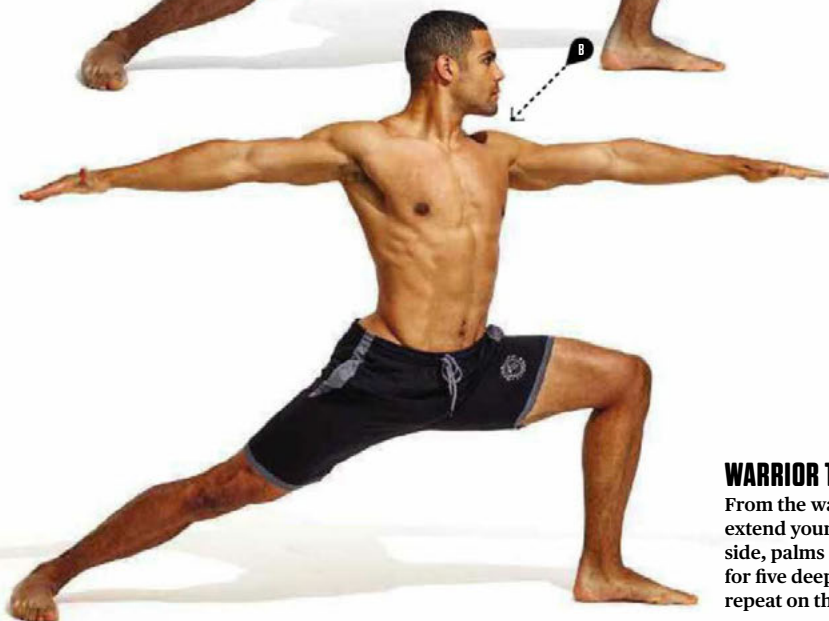
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**SIDE PLANK STAR**

Lie in a side plank position on one forearm, your feet “stacked” on top of each other. Raise your leg if you can and hold for three breaths, then repeat on the other side.

#12 REACH NEW HEIGHTS

If you're taking on an obstacle race, you'll need more than slow-twitch muscle to get over the walls - add some plyometrics and fire up those fast fibres. Do ten reps of each move, rest for the remainder of the minute and repeat ten times.

TWIST JUMP SQUAT

Drop into a squat, then explode upwards, leaving the ground and trying to spin 180° in the air. Land softly and repeat, turning the other way.

KIT	NONE
	10 MINUTES





JUMP LUNGE

Step forwards into a lunge then explode off the ground, switching legs in mid-air and landing with the other foot in front.

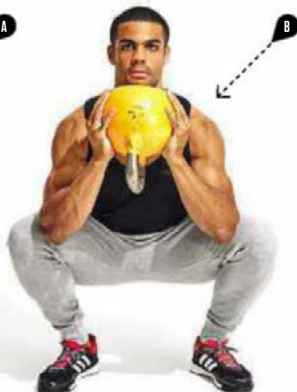
#13 UNLEASH BELL ON YOUR PB

KIT KETTLEBELL
15 MINUTES

Using weights in a routine allows you to do more work in less time. Add these kettlebell moves to your regular training once a week to strengthen your legs for hills and the final sprint. Do each move for five reps, then ten, 15 and 20.

GOBLET SQUAT

Grasp your kettlebell by the horns (or by the spherical bit, if it's more comfortable), then squat, aiming to touch the insides of your knees with your elbows at the bottom of the move. Drive through your heels to stand.



SWING

Hold the kettlebell in both hands and perform a quarter-squat, swinging the weight back between your legs. Drive your hips forwards to straighten up, using momentum to power the swing.

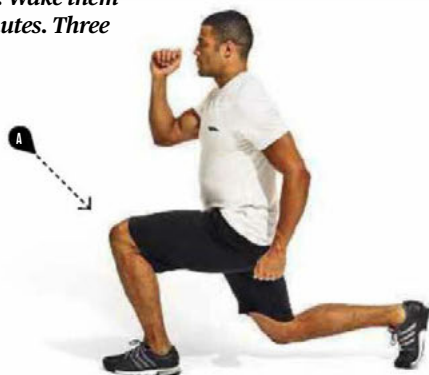
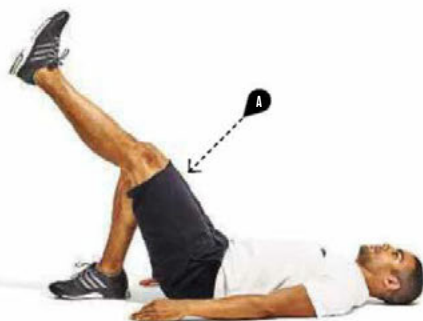
#14 GLUTE CAMP

KIT	NONE
	5 MINUTES

If you train hard but spend the rest of your day sitting down, chances are you're suffering from "gluteal amnesia", or the problem of your glutes going to sleep - robbing you of power when you run. Wake them up by doing this short circuit whenever you've got five minutes. Three rounds is all you need.

GLUTE BRIDGE

Lie on your back, with your feet close to your glutes. Raise one foot off the ground, then drive through the other heel to lift your hips. Pause at the top of the move, then lower. Do ten reps each side.



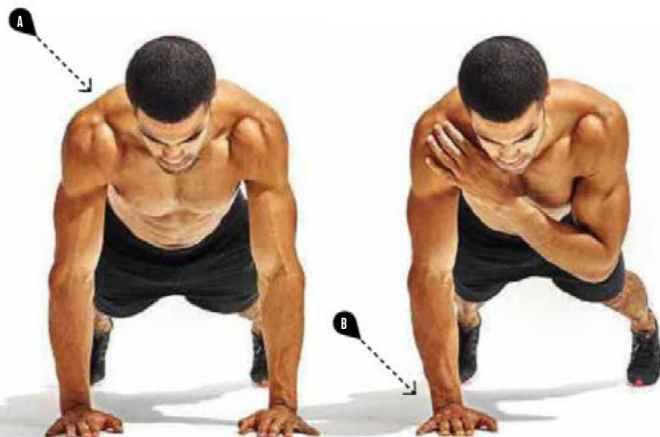
LUNGE PULSE

Step forwards into a lunge, then stay low - instead of straightening up, do ten "pulses", just extending your knee slightly to keep the tension in your muscles. Switch legs and do ten pulses on the other side.

#15 GET LOW

Training for an obstacle race isn't all dangling from monkey bars and hurdling fences. Use this superset to prepare yourself for the crawling sections - go from one move straight into the next, rest for 60 seconds and repeat twice. Use it as a standalone mini-workout or combine it with workout 14 for a full-body blast.

KIT	NONE
	10 MINUTES

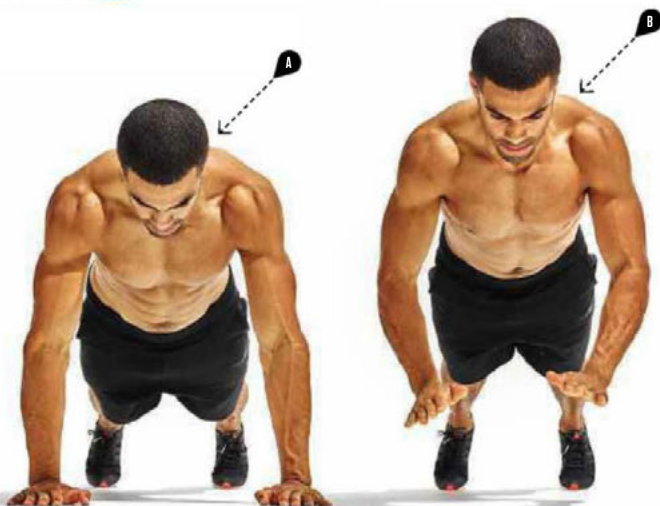


PLANK SHOULDER TOUCH

Get into a press-up position with your hands shoulder-width apart and your fingers pointing forwards. Staying parallel to the floor, take one hand off the ground to touch your shoulder, then repeat on the other side. Do ten reps on each side.

EXPLOSIVE PRESS-UP

Without getting off the floor, descend into a press-up, and explode off the ground, adding a clap if you're feeling confident. Five reps and you're done.



Look out for the
new *MF* MagBook
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On sale 28th April

THE DUMBBELLS £25

Concentrate on proper form and 15kg is enough. "Most people have never done a perfect biceps curl," says trainer Martin Sutcliffe (equinox.com). "Curl the dumbbell up

for a two-count and squeeze your biceps as hard as you can at the top. Lower for a four-count and squeeze your triceps at the bottom." Three sets of eight is plenty. argos.co.uk

THE AB MAT £8

Your lower back is important, so invest in it: an ab mat takes the strain off your spine while forcing your core to work instead of your hip flexors during sit-ups. amazon.co.uk

BUILD A HOME GYM

Just £42 will get you dumbbells and a pull-up bar, the workout essentials - with some desirable extras for £30 more

THE RINGS £21

They're cheaper than a suspension trainer and more versatile. Use them for chin-ups, press-ups, dips and inverted rows to reduce the stress on your elbows and wrists, and to make the moves tougher. amazon.co.uk

THE PULL-UP BAR £17

The Iron Gym bar slots across a doorway in seconds and is perfect for high-rep sessions. Instead of three sets of ten, use world record holder John Bockel's system. "Do two to three reps every three seconds," says Bockel. "Repeat for ten to 20 minutes." Easy, but effective. sweatband.com

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